

BÖLÜM 42

COVID-19 PANDEMİSİ VE PERİNATAL SONUÇLAR

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Giriş

Yeni bir korona virüs enfeksiyonu olan COVID-19, Aralık 2019'dan itibaren, Çin'de başlayarak hızlı bir şekilde tüm dünyaya yayılmıştır. (1) Daha önceki korona virüs salgınlarından elde edilen bilgiler ışığında, gebelerin bu virüse daha duyarlı olabileceği düşünülmektedir. COVID-19 ile enfekte olduğundan şüphelenilen veya tanısı kesinleşen gebelerin doğumu komplike ve zorlu olmaktadır. Etkili obstetrik tedaviyi uygulamak ve hem anne hem de bebek için prognozu iyileştirmek gerekmektedir. Bu süreçte maternal ve perinatal sonuçların bilinmesi, doğum zamanının belirlenmesi, sezaryen ile doğum endikasyonlarının değerlendirilmesi, uygun doğum odasının hazırlanması, doğum anestezi şeklinin belirlenmesi ve yenidoğan yönetimi ele alınması gereken temel konulardır.

Başlıca obstetrik kuruluşlar The International Federation of Gynecology and Obstetrics (FIGO) (2), Royal College of Obstetricians and Gynaecologists (RCOG) (3), The American College of Obstetricians and Gynecologists (ACOG) (4,5) klinisyenlere bu bilinmeyen hastalıkta yardımcı ol-

mak için bir dizi rehber oluşturmuşlardır. Şimdiye kadar mevcut verilerin çoğu vaka çalışmaları, vaka serileri ve gözlemsel çalışmalar şeklindedir. Bu yeni bir enfeksiyon olduğundan, COVID-19'un özellikle gebeler ve yenidoğanlar üzerindeki etkisiyle ilgili çok az şey bilinmektedir ve şu anda gebelere özel COVID-19'un değerlendirilmesi veya yönetimi ile ilgili kesin kanıta dayalı bir rehber bulunmamaktadır. (5) ABD'de Hastalık Kontrol ve Önleme Merkezi (CDC), şu anda mevcut olan bilgilere dayanarak, gebelerin, gebe olmayan yetişkinlerle aynı riske sahip görüldüğünü belirtmiştir.(6)

Bu kitap bölümünün amacı, COVID-19'un gebeleri nasıl etkilediğini ve perinatal sonuçlara olan etkisi ile ilgili mevcut verileri gözden geçirmektir.

Gebelikte COVID-19 Sıklığı ve Tanısı

Çin'de COVID-19 enfeksiyonu konfirme edilmiş gebe kadınlardaki klinik özellikler gebe olmayan yetişkinlerle benzerdir ve maternal ve neonatal sonuçlar açısından COVID-19 enfeksiyonu, 2002-2003 yıllarından görülen SARS Cov -1

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olmadığından, pandemiden etkilenen ülkeler davranış değişikliğine ve diğerlerinin yanı sıra semptomatik bireylerin kendi kendine izolasyonu da dahil olmak üzere artan el hijyeni; sosyal mesafe; mümkünse evden çalışma ve okul ve iş kapanışları gibi farmasötik olmayan müdahalelere güveniyorlar. Sonuç olarak, COVID-19 salgınının ekonomik yükü, maliyetler ve iş kaybı açısından önemli olmuştur. ABD, 30 Nisan itibarıyla 30 milyon işsiz olduğunu bildirdi.(85) İngiltere, İrlanda ve İtalya'daki işsizlik oranları benzer şekilde sırasıyla % 10, % 16.5 ve %13'e yükseldi ve İspanya'da %20'ye kadar çıkması bekleniyor. COVID-19 tedavisinin doğrudan maliyetinin diğer sağlık hizmetleri üzerinde önemli bir etkisi olması muhtemeldir. Halihazırda bir çok ülke elektif prosedürleri kısıtlamıştır. Elektif jinekolojik prosedürler de ertelenmektedir ve krizin boyutu göz önüne alındığında, bu hastaların gelecekteki tedavilerinin ne zaman yapılabileceğini belirlemek zordur. FIGO, fertilitite uzmanlarının ve hastaların şu anda hamileliklerden kaçınmalarını ve tüm fertilitite tedavilerini geçici olarak durdurmalarını önermektedir.(86) Ayrıca, hastaların, özellikle potansiyel maligniteleri olan hastalar olmak üzere, COVID-19 bulaşma korkusuyla başka nedenlerle hastaneye başvurmayı geciktirdiklerine dair raporlar da vardır. Bu durum tedavi edilebilir jinekolojik maligniteleri olan hastaların geç başvurmalarına neden olabilir.

Sonuç

Birincil sorumluluğumuz, tüm gebelerin güvenli doğum hizmetlerine erişimini sağlamaktır. Bu, gebe popülasyonda COVID-19 tedavisine ilişkin kanıtlarla güncel kalmayı ve ayrıca kendi birimlerimiz içinde hastalığın yayılmasını önlemek için sıkı enfeksiyon kontrol önlemlerini almayı içerir. İkinci olarak, bu süre zarfında hem hastalar hem de sağlık çalışanları gibi potansiyel olarak savunmasız olanların farkında olmalıyız ve bu belirsiz zamanlarda onlara yeterli desteğin sağlanmasını sağlamalıyız. Son olarak geleceğe bakmalıyız. Bu hastalığın tedavisi yoktur ve etkili

bir tedavi seçeneği bulunana kadar bu virüsle bir arada var olma ihtimaliyle karşı karşıyayız. Yeni geliştirilen aşılardan ise bize ne getireceğini uzun vadede bilmek için zaman gereklidir. Pek çok ülke önümüzdeki aylarda sosyal kısıtlamaları hafifletmek için güvenli yollar arıyor ve biz klinisyenler olarak, tüm kadınların ihtiyaç duydukları gerekli bakımı almalarını sağlamak için jinekoloji ve obstetri hizmetlerimizi yeniden kurmaya nasıl başlayabileceğimizi hazırlamalı ve planlamalıyız.

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